

St Clare House – Week 1 Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast Choice of Cereals Toast & preservatives Egg or Sausage sandwich	Breakfast Choice of Cereals Toast & preservatives Egg or Sausage sandwich	Breakfast Choice of Cereals Toast & preservatives Egg or Sausage sandwich	Breakfast Choice of Cereals Toast & preservatives Egg or Sausage sandwich	Breakfast Choice of Cereals Toast & preservatives Egg or Sausage sandwich	Breakfast Choice of Cereals Toast & preservatives Egg or Sausage sandwich	Breakfast Choice of Cereals Toast & preservatives Egg or Sausage sandwich
Lunch Shepherd's pie & a selection of vegetables Pork hotpot, mash & a selection of vegetables	Lunch Liver & onions Sausages & onions choice of mash or boiled potatoes & a selection of vegetables	Lunch Steak pie Sausage & tomato slice choice of mash or roast potatoes & a selection of vegetables	Lunch Chicken casserole Savoury mince choice of mash or boiled potatoes & a selection of vegetables	Lunch Fish & chips & peas Patty, chips or potato croquets & peas	Lunch All day breakfast Lamb cobbler choice of mash or boiled potatoes & a selection of vegetables	Lunch Turkey roast with roast potatoes or mash, Yorkshire pudding, stuffing & a selection of vegetables Sausage & tomato casserole with boiled potatoes
Chocolate marble cake with white sauce Banana split	Apple Crumble & custard or ice cream	Orange flare sponge with custard of ice cream	Rice pudding Ice cream	Fruit crumble & custard Fresh fruit & evaporated cream	Lemon meringue pie Jelly & ice cream	Gateaux Fruit & ice cream
Dinner Beans on toast or Selection of sandwiches or Soup of the day	Dinner Omelette & salad or Ravioli on toast Or Sandwiches	Dinner Fish fingers, spaghetti, bread & butter or Selection of sandwiches or Soup of the day	Dinner Hot dogs & onions or Selection of sandwiches or Soup of the day	Dinner Sausage roll & beans or Selection of sandwiches or Soup of the day	Dinner Cold meat salad Or Jacket potato with choice of filling Or Selection of sandwiches	Dinner Selection of sandwiches or Soup of the day
Selection of cakes or Fruit salad	Yogurts Or fairy cakes	Fresh fruit & evap Or assorted pastries	Fruit Delight Or Coconut macaroons	Angel delight Or Pancakes & ice cream	Fruit salad & cream Or Trifle	Banana & custard Or Selection of cakes
Supper Assorted sandwiches Or Teacakes	Supper Toasted teacakes Or Toast	Supper Assorted sandwiches Or Crumpets	Supper Assorted sandwiches Or buns & cakes	Supper Assorted sandwiches Or Teacakes	Supper Assorted sandwiches Or Crumpets	Supper Assorted sandwiches Or buns & cakes